



WATERPROOF PROTECTOR

for casts and dressings



CARE AND USAGE GUIDE

EN Bloccs® Waterproof Protector is specially designed to protect a plaster cast, dressing or bandage so the wearer can bathe or shower normally. This fully watertight and completely submersible protector can even be used at a beach or in a swimming or paddling pool

⚠ WARNING: Natural rubber latex can cause an allergic reaction. If you are under medical care, please get your medical provider's approval before using the protector. **DO NOT USE IF YOU ARE ALLERGIC TO LATEX.**

Manufactured in the UK

All products are manufactured in accordance with the current approved ISO 9001 Quality Management System standard.

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Bloccs®

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CARE AND USE OF YOUR BLOCCS® PROTECTOR

Thank you for choosing Bloccs®. Please read the following instructions carefully before using your Bloccs® protector or supervising a child with theirs. This will ensure the protector is being used safely and the watertight seal is effective.

The decision to wear the Bloccs® protector when taking a bath, shower or using it for any other water-based activity is taken at your own risk. Medical advice should be sought to ensure that the activity will not affect the injury.

How to put your Bloccs® protector on

As your Bloccs® protector is made from Natural Rubber Latex, you should remove any sharp jewellery and be careful not to cause a puncture with your fingernails. Cover rough edges with tape or a stretchy bandage.

Before use, rub the seal together with your hands and give it a gentle stretch. To check how the seal fits, try your cover on the arm or leg that doesn't have a cast. If the seal feels too tight or too loose when trying it on, please choose a different size protector.

The smooth, skin-tight, waterproof seal should stretch easily over a dressing.

Follow our easy five step guides enclosed in this leaflet to help put on your Bloccs® arm/leg and elbow/knee protectors.

Using your Bloccs® protector

The Bloccs® protector is intended to keep a dressing dry whilst exposed to, or immersed in, water. Bloccs® protectors use the same type of seal as that found on drysuits.

Before entering the water, remove all air from the Bloccs® protector by massaging

the cover upwards towards the seal to release any trapped air. This can also be done by gradually lowering the limb into the water so that the pressure of the water forces the air to the top of the protector.

Gently pull the seal away from the skin to remove the air before submerging, making sure no water enters the protector.

The protector should be put on just before entering the water and removed as soon as you get out.

The decision to go into water is taken at your own risk. You should not jump or dive into a pool. The protectors have not been designed for diving, snorkelling or any other water sports.

We recommend that the Bloccs® protector is regularly checked during use to ensure that the seal has remained watertight and is still comfortable.

The protector can be worn for up to 30 minutes - providing it is still comfortable to wear, does not feel too tight and is checked regularly.

Wearing the protector for longer than 30 minutes may result in trapped air causing perspiration and discomfort.

CHILDREN MUST BE SUPERVISED IN A POOL OR IN THE SEA AT ALL TIMES.

How to take off your protector

To remove the protector, carefully slide it over the dressing or cast on your arm or leg. Care should be taken to ensure that the seals are not damaged by fingernails or jewellery.

Bloccs® protector care

The Bloccs® protector is subject to wear and tear but should last for about 4 weeks of normal use.

The protector must be checked before each use to ensure there are no signs of damage or fatigue.

If the protector has deteriorated or become damaged in any way, a replacement should be purchased.

Protectors should be stored at a temperature below 26°C (78.8F) and stored away from heaters. In extreme cold, the protector may become stiff: this is not permanent, and warming will correct it.

Moist storage conditions should be avoided. Avoid exposing the protector for a long period to light - in particular direct sunlight and artificial light with a high UV content.

The Bloccs® protector can be washed in warm water and should then be dried carefully inside and out. Dusting the inside lightly with talc will make the Bloccs® protector easier to put on. Do not tumble dry the protector or dry on a radiator.

Avoid contact with copper, copper-containing alloys, solvents, oils and greases as they can damage the Bloccs® protector.

Keep away from naked flames as this may result in severe bodily injury and even death.

If you have any questions regarding your Bloccs® protector, please visit www.bloccs.com or email info@bloccs.com

A copy of this manual, our sizing chart and the Bloccs® warranty are available on our website www.bloccs.com and www.bloccs.com/warranty. Bloccs® retain the right to modify the manual as it deems appropriate. As the consumer, it is your responsibility to check the online version of the manual for any modifications.

Warning: Bloccs® protectors can become slippery when wet. Use a non-slip bath mat in the shower or bath and have another non-slip mat or towel in place for when you get out. You should not walk around the side of a pool when wearing a Bloccs® protector and take extra care when using swimming pool steps as they can be slippery. Hold on tightly to the hand rail.

Warning: Bloccs® protectors are not toys. To avoid danger of suffocation, keep the product and its packaging out of reach of children and babies.

Warning: Natural Rubber Latex can cause an allergic reaction. If you are under medical care, please get your medical provider's approval before using the protector.

Warning: Extra caution should be taken when submerging leg casts in water as they can be heavy and restrict movement. You should not try to swim with a leg cast.

Warning: Caution should be taken with PICC or IV lines.

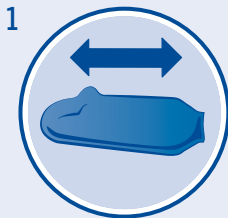
It is not possible to provide warnings about every possible danger related to the use of this product. Consumers are therefore advised to use common sense and good judgement when using a Bloccs® protector.

BLOCCS[®]

HOW TO PUT ON AN ARM OR LEG

BLOCCS[®] PROTECTOR

The protector should be used in accordance with all of the care and usage instructions. Please visit www.bloccs.com to watch our demonstration videos and to view our FAQs.



Remove your protector from the packaging and unfold. Take off any sharp rings etc.



Before use, rub the seal together with your hands and give it a gentle stretch.



From the open end fold the protector back half way.



To check how the seal fits, try your cover on the arm or leg that doesn't have a cast or dressing first.

Put the required arm or leg into the open end so foot or hand is at the end of the protector.



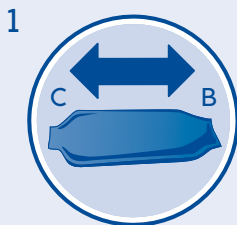
Roll the protector back up the arm or leg until the seal is flat to the skin. If the seal feels too tight or too loose when trying it on, choose a different size protector.

Let out a little air to avoid it floating.

BLOCCS[®]

HOW TO PUT ON A KNEE OR ELBOW BLOCCS[®] PROTECTOR

The protector should be used in accordance with all of the care and usage instructions. Please visit www.bloccs.com to watch our demonstration videos and to view our FAQs.

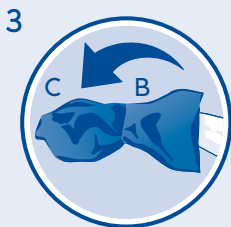


Remove your protector from the packaging and unfold. Take off any sharp rings etc.

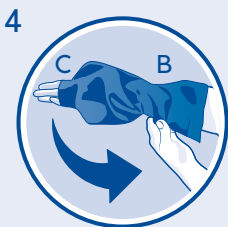
The protector has two ends; a wider end to seal around the bicep or thigh (B) and a smaller end to seal around the wrist or lower calf (C).



Before use, rub the seals together with your hands and give them a gentle stretch.

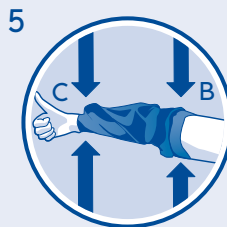


To put the protector on easily, take end B and turn half of the protector inside out so it is then just above end C.



To check how the seal fits, try your cover on the arm or leg that doesn't have a cast or dressing first.

Slowly push either your hand or foot through both ends B then C. Then carefully roll up end B until it seals smoothly on the arm or thigh.



The full dressing area should be covered, and a smooth skintight waterproof seal should form around the arm or leg at both ends of the protector. If the seal feels too tight or too loose when trying it on, choose a different size protector. Let out a little air to avoid it floating.